

Drop, Cover and Hold Drill!

Washington, especially the Puget Sound basin, has a history of earthquakes. You can protect yourself by knowing how to Drop, Cover and Hold!

Drop — When the ground shakes, drop down on the floor.

Cover — Take cover under a sturdy desk, table, or piece of furniture. If this is not possible, take cover against an interior wall and protect your head and neck with your arms. Avoid danger spots near windows, hanging objects, mirrors or tall, unsecured furniture.



Hold — If you take cover under a piece of furniture, hold on to it and be prepared to move with the furniture. Hold that position until the ground stops shaking and it is safe to move.



**WASHINGTON
MILITARY
DEPARTMENT**

**EMERGENCY
MANAGEMENT
DIVISION**

For more information
about earthquake safety,
contact your local
emergency management
office or the state Disaster
Preparedness Month
Coordinator at
(253) 512-7047

Tips!



- When in a **HIGH-RISE BUILDING**, move against an interior wall if you are not near a desk or table. Protect your head and neck with your arms. Do not use the elevators.
- When **OUTDOORS**, move to a clear area away from trees, signs, buildings, or downed electrical wires and poles.
- When on a **SIDEWALK NEAR A BUILDING**, move into a doorway to protect and drop to protect yourself from falling bricks, glass, plaster and other debris.
- When **DRIVING**, pull over to the side of the road and stop. Avoid overpasses and power lines. Stay inside your vehicle until the shaking stops.
- When in a **CROWDED STORE OR OTHER PUBLIC PLACE**, move away from display shelves containing objects that could fall. Do not rush for the exit.
- When in a **STADIUM OR THEATRE**, stay in your seat, get below the level of the back of the seat and cover your head and neck with your arms.